

Women's Health Resources

Organizations

Nutrition Information for New Americans Project

<http://multiculturalhealth.org>

Health information in these languages:

Amharic	German	Korean	Spanish
Arabic	Greek	Kurdish	Swahili
Bengali	Guajarati	Laotian	Thai
Bosnian	Haitian-Creole	Oromo	Tigrinian
Cambodian	Hebrew	Polish	Turkish
Chinese	Hindi	Portuguese	Ukrainian
English	Hmong	Romanian	Urdu
Farsi	Igbo	Russian	Vietnamese
French	Japanese	Somali	Yoruba

Asian Pacific Islanders Women's Health

www.apanet.org/~fdala

Health information in these languages: Cambodian, Chinese, Korean, Laotian, Samoan, Thai, Vietnamese

Publications

Bone Health and Osteoporosis: A Guide for Asian Women Aged 50 and Over

www.osteoporosis.org/osteolinks.asp#asian

Chinese, Korean, Vietnamese

You Can Do It (Diabetes) & You Can Manage It (Diabetes)

www.ndep.nih.gov/conduct/psa-aapiu.htm

Cambodian, Chinese, Gujarati, Hindi, Hmong, Ilocano, Korean, Laotian, Samoan, Tagalog, Vietnamese

Women's Health Resources

NWHIC Breastfeeding Packet

Chinese: www.womenshealth.gov/Breastfeeding/bf-chinese.pdf

Spanish: www.womenshealth.gov/Spanish

Cáncer Colorrectal: Rompamos el Silencio, Spanish

www.cdc.gov/cancer/screenforlife/pdf/colspan.pdf

¡Rompa con el Hábitodo Fumar! Spanish

www.nhlbi.nih.gov/health/public/heart/other/sp_smok.pdf

NWHIC Healthy Pregnancy, Spanish

www.womenshealth.gov/Pregnancy.spanish.htm

7 Principios Para Controlar la Diabetes Durante Todo su Vida, Spanish

<http://ndep.nih.gov/materials/pubs/7-principles/7-spanish.htm>

Cervical Cancer Screening: What Vietnamese Women Should Know, Vietnamese

www3.cancer.gov/hpb/Vietnamese/cervical

My Medicines

www.fda.gov/womens/taketimetocare/mymeds.html

Cambodian, Chinese, Hmong, Japanese, Korean, Laotian, Polish, Russian, Samoan, Spanish, Tagalog, Thai, Vietnamese

Tuberculosis Educational Materials

www.health.state.mn.us/divs/dpc/ades/tb/translations.htm

Bosnian, Cambodian, Croatian, Hmong, Lao, Russian, Serbian, Somali, Spanish, Tibetan, Vietnamese

Healthfinder

www.healthfinder.gov/justforyou

Websites

National Women's Health Information Center (NWHIC) www.womenshealth.gov	American Stroke Association www.strokeassociation.org
National Girls Health Information www.girlshealth.gov	Asian American Network for Cancer Awareness, Research and Training www.aancart.org
African American Breast Cancer Alliance www.geocities.com/aabcainc	Asian and Pacific Islander American Health Forum www.apiahf.org
African American Family Services Resource Center www.aafs.net	BAM! Body and Mind www.bam.gov
American Cancer Society www.cancer.org	Cancer Information Service (CIS) http://www.cancer.gov
American Diabetes Association www.diabetes.org	Cancer Research Foundation of America www.preventcancer.org
American Dietetic Association www.eatright.org	Centers for Disease Control and Prevention (CDC) www.cdc.gov
American Heart Association www.americanheart.org	CDC - Minority Health Section www.cdc.gov/omh
American Indian Relief Council www.airc.org	CDC - Spanish Language www.cdc.gov/spanish/default.htm
American Lung Association www.lungusa.org	CDC National Prevention Information Network – Spanish www.cdcnpin.org/scripts/espanol/index.asp

Center for Research on Women with
Disabilities (CROWD)
www.bcm.edu/crowd/

Gay and Lesbian Medical Association
www.glma.org/

Healthfinder
www.Healthfinder.gov

Healthfinder - Spanish Language
[www.Healthfinder.gov/espanol/
default.htm](http://www.Healthfinder.gov/espanol/default.htm)

Indian Health Services (IHS)
www.ihs.gov

Intercultural Cancer Council (ICC)
www.iccnetwork.org

Journal of Extension
www.joe.org

Kaiser Family Foundation State
Health Facts
[www.statehealthfacts.kff.org/cgi-bin/
healthfacts.cgi?](http://www.statehealthfacts.kff.org/cgi-bin/healthfacts.cgi?)

Korean Health Education, Information,
and Research Center
www.koreanhealth.org

Leukemia and Lymphoma Society
www.leukemia-lymphoma.org

Lupus Foundation of America
www.lupus.org

March of Dimes
www.marchofdimes.com

MedlinePlus
www.nlm.nih.gov/medlineplus/

National Alliance for Hispanic
Health
www.hispanichealth.org

National Asian Women's Health
Organization
www.nawho.org

National Association for Rural Mental
Health
www.narmh.org

National Black Women's Health
Project
www.blackwomenshealth.org

National Center for Environmental
Health
www.cdc.gov/nceh/default.htm

National Center for Health Statistics
(NCHS)
www.cdc.gov.nchs/

National Diabetes Information
Clearinghouse (NDIC)
www.diabetes.niddk.nih.gov

National Dairy Council
www.nationaldairycouncil.org

National Heart, Lung, and Blood
Institute – The Heart Truth
www.nhlbi.nih.gov/health/hearttruth/index.htm

National Institutes of Health (NIH)
www.nih.gov

National Kidney Foundation
www.kidney.org

National Latina Health
Organization
www.latinahealth.org

National Women’s Law Center
www.nwlc.org/

NWHIC – Spanish Language
www.womenshealth.gov/spanish/index.htm

Nebraska Health and Human
Services System
www.hhss.ne.gov

Planned Parenthood Federation
of America
www.plannedparenthood.org

SAMHSA’s National Mental Health
Information Center
www.mentalhealth.org

The National C.I.R.C.L.E (Cancer
Information Resources Center and
Learning Exchange)
www.mayo.edu/nativecircle

National Coalition for LGBT Health
www.lgbthealth.net/resources1.shtml

US Health and Human Services, Office of
Minority Health
www.hrsa.gov/OMH/

US Department of Health and Human
Services
www.hhs.gov/

VERB™ It’s What You Do
www.verbnow.com
www.verbparents.com

VERB™ It’s What You Do – Spanish
www.cdc.gov/spanish/verb/
www.nafs.org/

Online Resource Guides

Answers for Families www.answers4families.org – Answers4Families.org’s mission is to provide information, opportunities for dialogue, education, and support to Nebraskans with special needs and their families. Listings include the categories of Child Care, Respite Care, Social Development, Family Resources and Support, Food, Medical/Health, etc., with sub categories for each category. The user may search by category and subcategory by geographical location and age.

The system also includes hundreds of help line telephone numbers (many toll-free numbers) to call for information and assistance.

Nebraska 211 www.ne211.org — This web site helps identify available health and human service agencies and programs in the state of Nebraska. The consumer can search for assistance using keywords or by using a category list. The search can also be limited to show only those resources within a distance from the user’s home, business, or other target area. Databases are maintained with information on several thousand agencies, programs, and services across the state.

Partnership for Prescription Assistance Nebraska www.pparxNE.org (or call 1-888-4PPA NOW)—This web site is designed to help low income, uninsured Nebraska residents get free or discounted brand-name medicines. PPARxNE connects qualified low income people with discount prescription drugs, direct from the pharmaceutical manufacturer. It provides a single point of access to more than 275 public and private patient assistance programs, including more than 150 programs offered by pharmaceutical companies. These programs provide assistance on more than 2,000 brand name medicines and a wide range of generics. Qualifying patients will also be given information on how to contact government programs.

Important People

Name

Address

Phone

Email

[illegible]

Important Dates

January

February

March

April

May

June

July

August

September

October

November

December

Thoughts & Plans

How I feel about the last year...

Things I want to remember about last year...

Things I accomplished last year...

Things I am proud of...

Things I want to think about in 2007...

Things I want to accomplish in the next year - for me...

For others...

2007

January							February						
	1	2	3	4	5	6				1	2	3	
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28			
March							April						
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4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
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May							June						
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6	7	8	9	10	11	12	3	4	5	6	7	8	9
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20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30
July							August						
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November							December						
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2008

January							February						
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13	14	8	9	10	11	12	3	4	5	6	7	8	9
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27	28	22	23	24	25	26	17	18	19	20	21	22	23
		29	30	31			24	25	26	27	28		
March							April						
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July							August						
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September							October						
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November							December						
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30													



Dimensions of Healthy Women, the 2006 Nebraska Women's Health Daybook is a product of the Nebraska Health and Human Services System Office of Women's Health.

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2006 Women's Health Daybook Feedback Form

Your opinion is important to us, so please take a few moments to write down some comments or suggestions about the book, then fold, tape, and mail them to us. The postage is already taken care of. You may also email us at officeofwomenshealth@hhss.ne.gov. Thank you!

Was the Daybook easy to use? ☐ Yes ☐ No

If no, why not? _____

How would you improve the daybook? _____

What topics would you like to see included? _____

Did you use any of the tips or resources from the Daybook? ☐ Yes ☐ No

If yes, please list some of them _____

If you are interested in receiving a 2007 Women's Health Daybook, please give us your name and address _____

Other Comments: _____



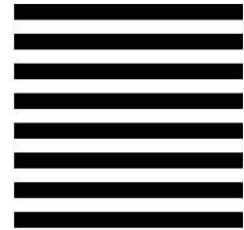
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Appointments & Notes

DateWho I Saw

What We Discussed

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NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM

